

# How Asthma-Friendly is Your School?

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Division of Adolescent & School Health

Indoor Air Quality Tools for Schools 2003

October 27 and 28, 2003



CENTERS FOR DISEASE CONTROL AND PREVENTION



# What Is Asthma?

- ▲ Asthma is a chronic inflammatory lung disease occurring in both children and adults.
- ▲ Physiology: During an asthma episode, the irritable lining of airways become swollen, inflamed and more irritable. There is constriction of the muscles around the airways and increased amounts of mucous may be produced leading to even further air obstruction in the airway.

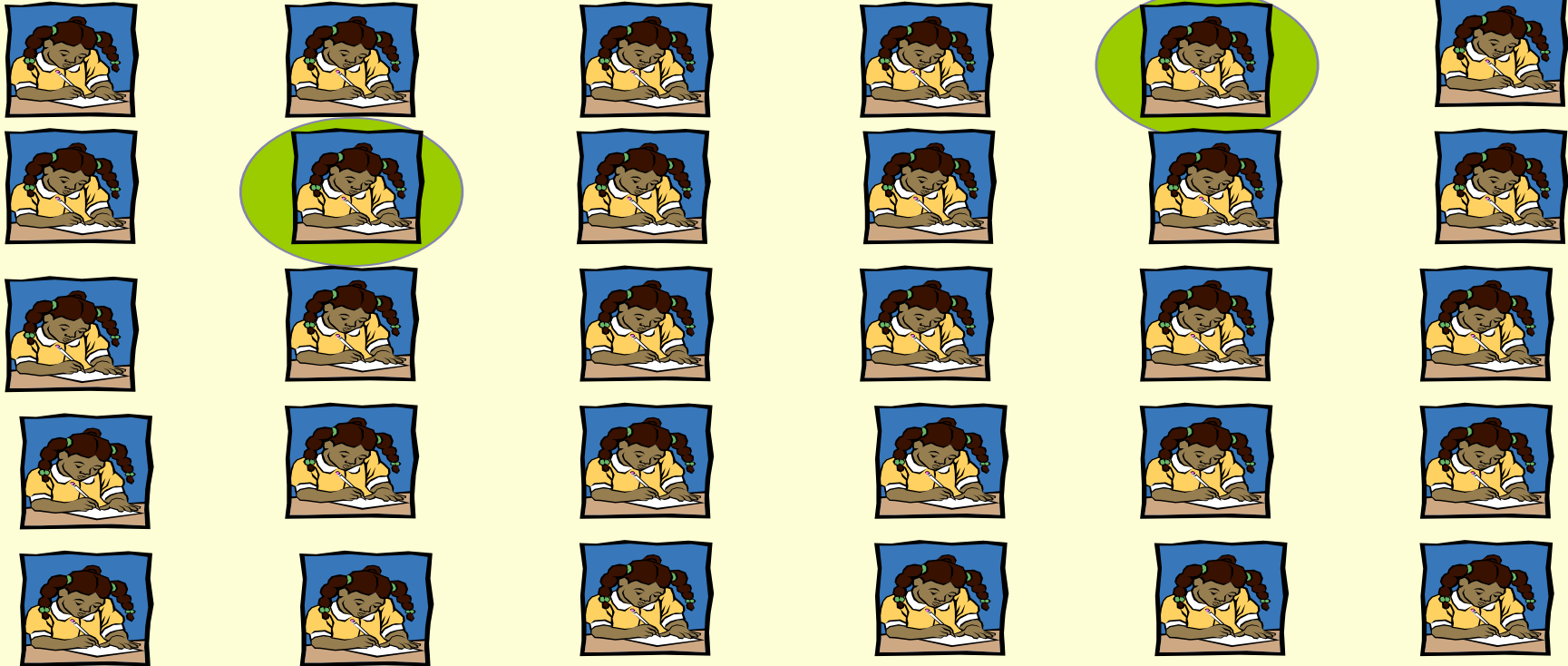
# Asthma Management

- ▶ Avoid triggers
- ▶ Controller medication to prevent symptoms
- ▶ Quick relief medication to relieve symptoms
- ▶ Allergy shots
- ▶ Self-management education

# Pediatric Asthma Prevalence

- ▲ In 2001, parents reported asthma episodes or attacks in the preceding year in 6.1% of children 5-17 years old.
- ▲ In 2001, parents reported a current asthma diagnosis in 9.8 % of children 5-17 years old.
- ▲ Each year, from 1994 to 1996, children missed 14 million days of school due to asthma

In a classroom of 30 children,



2 or more children are likely to have asthma a

# 10 Ways to Manage Asthma in the School Environment

1. Use the IAQ Tools for Schools Kit
2. Control Animal Allergens
3. Control Cockroach Allergens
4. Clean up Mold and Control Moisture
5. Eliminate Secondhand Smoke Exposure

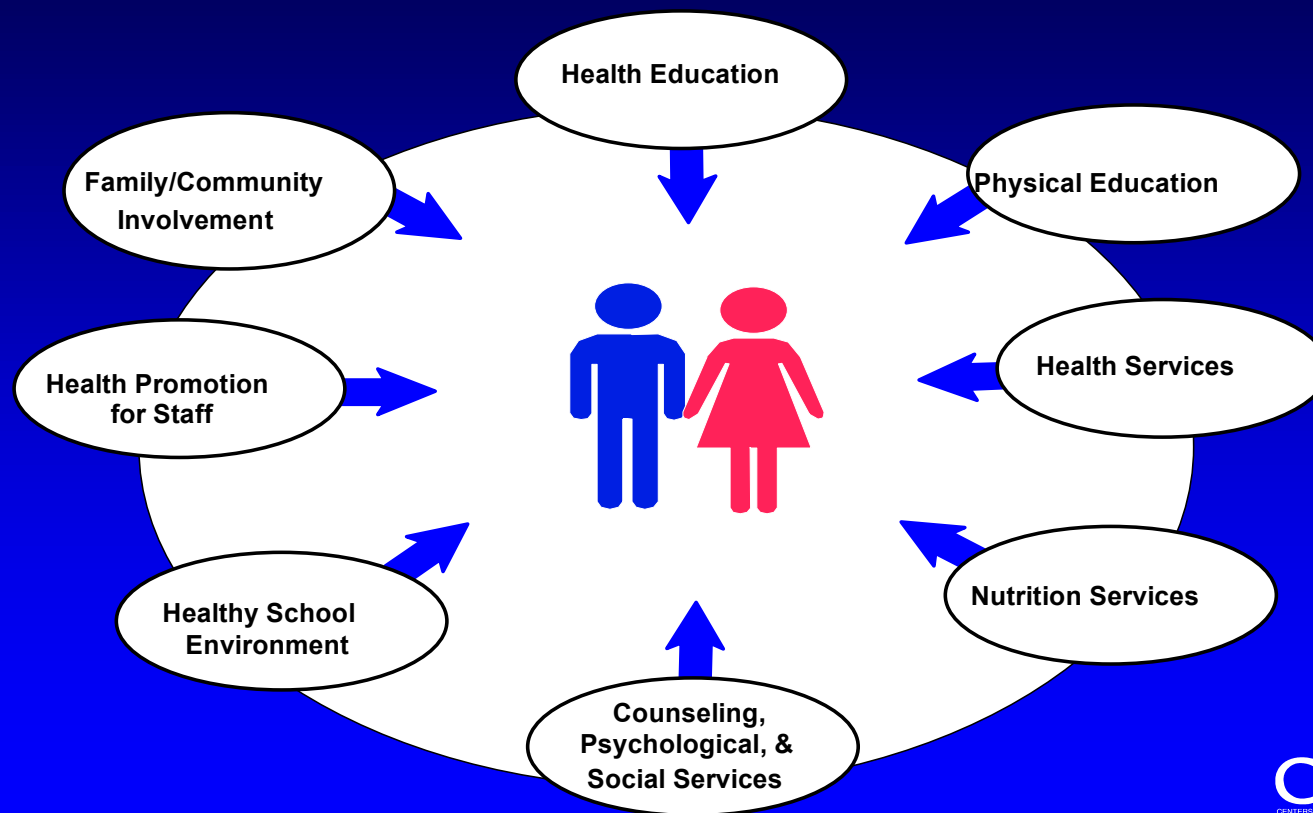
Source: EPA Managing Asthma in the School Environment

# 10 Ways to Manage Asthma in the School Environment

6. Reduce Dust Mite Exposure
7. Develop an Asthma Management Plan in Your School
8. Provide School-based Asthma Education Programs
9. File Student Asthma Action Cards
10. Gather Additional Asthma Information and Resources

Source: EPA Managing Asthma in the School Environment

# Coordinated School Health Programs



For more information on CSHP, go to [www.cdc.gov/nccdphp/dash/cshpdef.htm](http://www.cdc.gov/nccdphp/dash/cshpdef.htm)

For more information on DASH, go to [www.cdc.gov/healthyyouth](http://www.cdc.gov/healthyyouth)

# **How Can Schools Address Asthma within a Coordinated School Health Approach?**

- 1. Establish management and support systems for Asthma-Friendly Schools**
- 2. Provide appropriate school health and mental health services**
- 3. Provide a safe and healthy school environment**
- 4. Provide asthma education and awareness programs for students and staff**
- 5. Provide all students with safe and enjoyable physical education classes and other physical activity opportunities**
- 6. Integrate school, family, and community efforts to reduce and manage asthma**

## Resources

- CDC National Center for Environmental Health-Asthma  
<http://www.cdc.gov/nceh/airpollution/asthma/default.htm>
- CDC/DASH Strategies for Addressing Asthma Within a Coordinated School Health Program  
<http://www.cdc.gov/HealthyYouth/asthma>
- EPA-Managing Asthma in the School Environment  
<http://www.epa.gov/iaq/schools/asthma/index.html>
- National Asthma Education and Prevention Program  
<http://www.nhlbi.nih.gov/health/prof/lung/>

# Resources

- ▶ Allergy and Asthma Network/Mothers of Asthmatics  
<http://www.aanma.org>
- ▶ American Lung Association  
<http://www.lungusa.org>
- ▶ Asthma and Allergy Foundation of America  
<http://www.aafa.org>
- ▶ National Education Association-Health Information Network  
<http://www.asthmaandschools.org>

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